

# Hurry Up And Rest!

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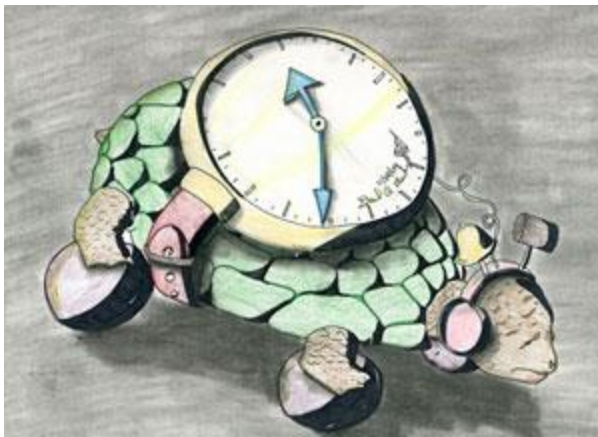
"**You know check stand #2 is open!**", an employee comes to tell me.

"**Yes, I know. But, I like to wait.**", I softly tell them and smile.

It is at that moment I receive the common face twitch and body shrug from the store person.

Meanwhile, I look around at the magazine covers, the candy packages, the floor, the ceiling and other things that catch my eye. I think about my day at work and how I could improve my approach to 'negative' people. I think of a joke and giggle (inside). Out of the corner of my eye, I can see other customers rushing to the shortest line, sometimes cutting each other off, all the time looking stressed out. I then smile and go back to my day dreaming.

The scene is repeated at almost every place we visit.



From small town roads, to large free-ways, cars are continually zig-zagging between lanes, cutting each other off and tailgating to 'save' those precious seconds in travel time.

Meanwhile, they raise their blood pressure, stress levels, and stay angry at those 'other' drivers during the trip. In their effort to get 'there!', they lose a lot more seconds driving pissed off.

Back at the grocery store, the illness of 'what is the quickest way to do this' isn't limited to those employees paid to push the cattle, but, is within a large portion of the customers. If you stand in front of the cookie packages a second too long, you will feel the piercing eyes of the person behind you. Place your cart in 'any' spot and quickly find out that it is the 'spot' someone else **MUST** have at that exact moment, and... how **DARE YOU!** take the place they want.



The radio and t.v. is filled with companies talking about 'streamlining', 'downsizing', 'becoming more efficient'. All of these terms equal the same term 'have less people do more faster', and if possible cheaper! Do not get me wrong, I am a programmer and truly believe in writing programs that are efficient and get the best bang for the buck (or byte).

However, as I see the approach towards tasks being automated, I also see the human (aka compassion) side of the equation being thrown in the virtual waste basket. More resources are redirected towards that technology golden child, without thought about what is lost in the goal of 'speedier' is better. People/business have no problem forking out \$400 for the 'new' gizmo, but, complain if carrots cost too much, or that hard cover book is way over priced at \$14.95.

This can easily be seen at educational institutions. From elementary to universities, libraries and the quickly disappearing book stores, priority is placed on top of glowing screens and their ability to get 'everything' NOW! "Look how the child can now find every article ever written on the subject in .00025 seconds. Isn't that great?" But, the moments of a child/adult holding a book in their hand, flipping through the pages (slowly), having moments to reflect, breathe, go slow, are becoming a disappearing scene.

I am old enough to witness how society has been speeding up in the unending attempt to get things done quickly. At the same time, becoming more stressed, more sick, unhealthier, and less friendly.

Working at a college, I have also had the ability to see how the generations have sped up with cell phones, texting, online sites, and instant access to what seems like everything. At the same time, these changes are drastically changing how they feel they should interact with others, and how they should treat themselves.

Seeing conversations with my children on online sites and how the messages are often abrupt and rude, I felt the need on a few times to ask them **"Why do you and the other person say those things that way?"**

Of which they would respond, **"Oh dad, don't worry about it, that is just online and how we talk, it doesn't 'mean' anything."**

But, I would then be around the same people when they were together in groups and the same type of interactions would happen.

**"Does it 'mean' something now?"**, I would ask them. They would then give the same face twitch/body shrug of the store person.



For the people that find themselves going through the day feeling like they are always behind, and end the day feeling they didn't get enough done quick enough. Maybe they should think about how they approach their tasks. Will getting there quicker, being the next in line, or digesting another unlimited portion of online content make their lives more enjoyable and happier?

Here is some of my art work for this subject:

**Another Day At The Office:** <http://timeforyourmind.com/davesArt/tfymArtIndex-39.htm>

**Need To Slow Down:** <http://timeforyourmind.com/davesArt/tfymArtIndex-114.htm>

**The I-Generation:** <http://timeforyourmind.com/davesArt/tfymArtIndex-108.htm>

**Remember To Rest:** <http://timeforyourmind.com/davesArt/tfymArtIndex-76.htm>